



Growing Harvesting Preparing Sharing

First kitchen class ideas – by Stephanie Alexander

Refer to Section 9 the SAKGF Manual.

Preliminary:

- Invite the volunteers to come in the day before to have a tour of the kitchen, a calm and unhurried introduction to the program philosophy especially as it affects them.
 - Encourage, assist but don't takeover
 - Encourage sensory responses – feel of dough, smell of herbs
 - Understand the timing of the session (prep, cook, eat, cleanup)
 - Safety rules
 - Have fun
 - Allow time for volunteers to ask questions, read recipes, handle the equipment and feel at home in the space
 - If possible ask the volunteers to read Section 9 of the SAKGF manual. (and the classroom teacher)
- When planning menus for the students try to always include one dish sure to be a winner (pies, pizza, pasta, dips, flatbreads)
- Take plenty of photos and display them in the kitchen and elsewhere in the school so everyone knows what exciting things are happening.
- Post the week's menu somewhere public

Introduce the space to the students

- Seated at tables first of all
- A few words to establish the idea of the necessary link between what goes on in the garden and what is done in the kitchen
- Establish groups for the term – pick a funny name for the group
- How many of you have cooked at home?
- Introduce the volunteers
- Hands-up quiz to identify a few interesting kitchen bits
 - Grater
 - salad spinner
 - rolling pin
 - a vegetable peeler
 - mortar and pestle
 - measuring cup



- measuring spoons
- pasta machine
- whisk
- a KNIFE

Where are things kept in the kitchen?

- Introduce the Harvest Table - Ensure that the Harvest table always looks beautiful
- like with like (i.e. all measuring cups are together, rather than in sets which will drive everyone crazy maintaining the set in each work station)
- who dispenses knives?

Safety rules are important in a kitchen

- Hot stoves
- handles of pots and frying pans
- opening ovens
- lids and steam
- slippery benches and floors
- never run
- never flick tea towels

How to work with chefs' knives

- how to have a non-wobbly chopping board
- how to walk with a knife
- how to place a knife when not in use
- never leave a knife in sink
- how to hold the non-cutting hand
- how to chop/slice

Let's cook

- 'Choose a dish like Viet rice paper rolls , or Tabbouleh, where lots of ingredients
- need to be carefully cut. Make sure they organise a volunteer for each group



- so as the specialist and teacher can supervise & examine the technique of each student during the class. Only make a couple of knives available to each group
- Get students to buddy up - one using the knife and one observing/reminding the other about technique.'

Let's eat together and have a couple of minutes to reflect on new flavours and textures and new words?

- write the new words somewhere (a special board, an easel with butcher's paper, on cards that can be pinned as a changing weekly display).
- CHECK SPELLING. It would be good if the classroom teacher noted the new words also and maybe they might be reinforced in the classroom in some way?

Clean-up time

- A demonstration by the specialist in the kitchen is a good way to teach this.
- Establish a strict routine for clean-up (including post dining) as soon as possible.

Subsequent classes

- A good idea to have a five minute demo or explanation of something at the start of each class with students seated at tables to listen.
- Any new technique should be demonstrated – rolling pastry, sealing ravioli, grilling bread or vegetables, pounding spices, separating eggs, placing food in a hot frying-pan. Ask a couple of students to demonstrate.
- could investigate the parts of a recipe
 - e.g. Ingredients, Equipment needed, Method
- Explanations of things like slicing, julienne, dice, terms like coarse/fine are all important but don't attempt to cover too much in a single class. Rather make one topic your focus.
- Measuring & Weighing. Practice cup & spoon measures and weighing ingredients.



It would be great if the classroom teacher could reinforce the measuring and weighing as part of numeracy work back in the classroom – fractions, multiplication etc, as well as the new language being learnt

- ✓ Once a month offer a Taste Testing game – different varieties of a food – tomatoes, apples, potatoes are all good ones

Above all have fun!